



MENU

Autumn 2025

Together with our nutritionist, we drew up 6 criteria so that you can enjoy carefree food with us.
Our "Better Choices" (symbol heart) meet at least 5 of the 6 criteria.

Breakfast

LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal
PROTEIN PANCAKES	647 kcal
HAM & CHEESE CROISSANT	369 kcal
PAIN PERDU	742 kcal
MINI PANCAKES	502 kcal
BREAKFAST BOWL	603 kcal
MANHATTAN BREAKFAST	688 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
	✓		✓			✓
	✓			✓		
						✓
	✓					✓
	✓		✓	✓		
	✓	✓	✓	✓	✓	✓
					✓	✓

Cereals, Fresh Fruit & Yoghurt

GRANOLA PARFAIT - Yoghurt/Skyr	470 kcal/466 kcal
GRANOLA PARFAIT - Soy yoghurt	426 kcal
FRESH FRUIT SALAD - V	125 kcal
CHIA PASSION FRUIT DELICE	312 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
			✓		✓	✓
✓	✓	✓	✓	✓	✓	✓
	✓		✓	✓		✓
✓	✓	✓	✓	✓	✓	

Organic eggs

SOFT BOILED EGG (1 OR 2)	300 kcal/450 kcal
BAKED EGGS (1 OR 2)	342 kcal/386 kcal
SCRAMBLED EGGS	484 kcal
• with grilled bacon	549 kcal
• with avocado	643 kcal
• with Atlantic smoked salmon	569 kcal
SCRAMBLED EGGS TOAST	511 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
			✓			✓
			✓			✓
						✓
						✓
	✓					✓
			✓			✓
	✓					✓

Bread & Bakery

SELECTION OF ORGANIC BREAD & BAGUETTE	733 kcal
PORTION OF BAGUETTE	162 kcal
HAZELNUT & RAISIN FLUTE	252 kcal
BUTTER CROISSANT	223 kcal
PAIN AU CHOCOLAT	311 kcal
PAIN AUX RAISINS	302 kcal
SMALL BRIOCHE	239 kcal
CHOCOLATE CRUFFIN	403 kcal
CHOCOLATE TWIST	264 kcal
CINNAMON ROLL - V	277 kcal
HIBISCUS CROISSANT - V	230 kcal
ALMOND CROISSANT	365 kcal
APPLE GALETTE	354 kcal
PISTACHIO SWIRL	481 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
		✓	✓		✓	✓
			✓	✓		✓
			✓	✓	✓	✓
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Tartines

AVOCADO TOAST - V	522 kcal
• with organic scrambled eggs	749 kcal
• with Atlantic smoked salmon	605 kcal
CROQUE MONSIEUR	966 kcal
GARDENER'S CROQUE - V	911 kcal
TUNA	451 kcal
BELGIAN BEEF TARTARE	517 kcal
CHICKEN & SMOKED MOZZARELLA TOAST	634 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓		✓	✓
✓	✓	✓	✓		✓	✓
						✓
✓	✓	✓	✓	✓	✓	✓
	✓	✓	✓	✓		✓
						✓
						✓

Sides

MIXED SALAD - V	63 kcal
GUACAMOLE - V	290 kcal
AVOCADO - V	382 kcal
HUMMUS - V	354 kcal
CHEESES (GOUDA & GOAT CHEESE)	369 kcal
BELGIAN FARMER'S HAM	68 kcal
BELGIAN FARMER'S HAM & CHEESE	262 kcal
ATLANTIC SMOKED SALMON	169 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
			✓			✓
			✓	✓		✓
	✓		✓	✓		✓
			✓	✓	✓	✓
				✓		✓
						✓
						✓

Our combo's

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
DAILY BAKER'S LUNCH - 1/2 tartine tuna	620 kcal	 5/6	 v	 v	 v	 v		 v
DAILY BAKER'S LUNCH - 1/2 tartine avocado	656 kcal	 5/6	 v	 v	 v	 v		 v

Salades

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
CAESAR	701 kcal	1/6						 v
WARM GOAT CHEESE	778 kcal	4/6	 v			 v	 v	 v
ATLANTIC SMOKED SALMON & TUNA	721 kcal	 5/6	 v	 v		 v	 v	 v

Flatbreads

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
PORTOBELLO & ROASTED VEGETABLES FLATBREAD - V	591 kcal	 5/6	 v	 v	 v	 v		 v
• with dried Serrano ham	660 kcal	 5/6	 v	 v	 v	 v		 v
• with mozzarella di bufala D.O.P.	748 kcal	 4/6	 v	 v	 v			 v
• with mozzarella di bufala D.O.P. and dried Serrano ham	817 kcal	 4/6	 v	 v	 v			 v
ORGANIC BAKED EGGS FLATBREAD	817 kcal	3/6			 v	 v		 v
ITALIAN FLATBREAD	820 kcal	1/6						 v

Soups & Quiches

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
QUICHE - LORRAINE	914 kcal	2/6			 v			 v
QUICHE - FETA AND SPINACH	788 kcal	3/6	 v		 v			 v
POT AU FEU	326 kcal	 5/6	 v		 v	 v	 v	 v
POT AU FEU - QUINOA	421 kcal	 5/6	 v	 v	 v	 v	 v	 v
POT AU FEU - CHICKEN	419 kcal	 5/6	 v		 v	 v	 v	 v
ORGANIC SOUP OF THE DAY - V	686 kcal	 5/6	 v	 v	 v	 v		 v

Specials

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
HARVEST BOWL	619 kcal	 6/6	 v	 v	 v	 v	 v	 v
HARVEST BOWL with avocado	771 kcal	 6/6	 v	 v	 v	 v	 v	 v
HARVEST BOWL with feta	793 kcal	 5/6	 v	 v	 v		 v	 v
HARVEST BOWL with chicken	712 kcal	 6/6	 v	 v	 v	 v	 v	 v
SALMON MISO BOWL	608 kcal	3/6	 v			 v		 v
PISTACHIO MORTADELLA PINSA	869 kcal	3/6			 v		 v	 v
ARGENTINIAN PASTRAMI CROQUE	780 kcal	3/6	 v	 v				 v